

**XANAX® Tablets**  
(alprazolam) Ⓒ

**INDICATIONS AND USAGE**

Anxiety disorders, short-term relief of the symptoms of anxiety, and anxiety associated with depression. Anxiety or tension associated with the stress of everyday life usually does not require an anxiolytic. Effectiveness for more than four months has not been established; periodically reassess the usefulness of the drug for the individual patient.

**CONTRAINDICATIONS**

Sensitivity to XANAX or other benzodiazepines, and in acute narrow angle glaucoma.

**WARNINGS**

Benzodiazepines can cause fetal harm in pregnant women, hence women who may become pregnant should be warned. Avoid during the first trimester. Withdrawal seizures have been reported upon rapid dose reduction or abrupt discontinuation, thus reduce dose gradually. (See Drug Abuse and Dependence and Dosage and Administration.)

**PRECAUTIONS**

**General:** If XANAX is combined with other psychotropics or anticonvulsants, consider drug potentiation. (See Drug Interactions.) Use the usual precautions in patients with renal or hepatic impairment and regarding prescription size in depressed and suicidal patients. In elderly and debilitated patients, use the lowest possible dose. (See Dosage and Administration.) Hypomania and mania has been reported in depressed patients.

**Information for Patients:** Alert patients about: (a) consumption of alcohol and drugs, (b) possible fetal abnormalities, (c) operating machinery or driving, (d) not increasing dose of the drug due to risk of dependence, (e) not stopping the drug abruptly.

**Laboratory Tests:** Not ordinarily required in otherwise healthy patients.

**Drug Interactions:** Additive CNS depressant effects with other psychotropics, anticonvulsants, antihistamines, ethanol and other CNS depressants. Plasma levels of imipramine and desipramine are increased. Pharmacokinetic interactions with other drugs have been reported. Cimetidine can delay clearance of benzodiazepines.

**Drug/Laboratory Test Interactions:** No consistent pattern for a drug or test. **Carcinogenesis, Mutagenesis, Impairment of Fertility:** No carcinogenic potential or impairment of fertility in rats.

**Pregnancy:** See Warnings. **Nonteratogenic Effects:** The child born of a mother on benzodiazepines may be at some risk for withdrawal symptoms, neonatal flaccidity and respiratory problems. **Labor and Delivery:** No established use. **Nursing Mothers:** Benzodiazepines are excreted in human milk. Women on XANAX should not nurse.

**Pediatric Use:** Safety and effectiveness in children below the age of 18 have not been established.

**ADVERSE REACTIONS**

Side effects are generally observed at the beginning of therapy and usually disappear with continued medication. In the usual patient, the most frequent side effects are likely to be an extension of the pharmacologic activity of XANAX, e.g., drowsiness or lightheadedness.

**Central nervous system:** Drowsiness, lightheadedness, depression, headache, confusion, insomnia, nervousness, syncope, dizziness, akathisia, and tiredness/sleepiness.

**Gastrointestinal:** Dry mouth, constipation, diarrhea, nausea/vomiting, and increased salivation.

**Cardiovascular:** Tachycardia/palpitations, and hypotension.

**Sensory:** Blurred vision.

**Musculoskeletal:** Rigidity and tremor.

**Cutaneous:** Dermatitis/allergy.

**Other side effects:** Nasal congestion, weight gain, and weight loss.

Withdrawal seizures with rapid decrease or abrupt discontinuation. (See Warnings.)

The following adverse events have been reported with benzodiazepines: dystonia, irritability, concentration difficulties, anorexia, transient amnesia or memory impairment, loss of coordination, fatigue, seizures, sedation, slurred speech, jaundice, musculoskeletal weakness, pruritus, diplopia, dysarthria, changes in libido, menstrual irregularities, incontinence, and urinary retention.

Paradoxical reactions such as stimulation, agitation, rage, increased muscle spasticity, sleep disturbances, and hallucinations may occur. Should these occur, discontinue the drug.

During prolonged treatment, periodic blood counts, urinalysis, and blood chemistry analysis are advisable. Minor EEG changes, of unknown significance, have been observed.

Liver enzyme elevations, gynecomastia and galactorrhea have been reported but no causal relationship was established.

**DRUG ABUSE AND DEPENDENCE**

**Physical and Psychological Dependence:** Withdrawal symptoms including seizures have occurred following abrupt discontinuance or rapid dose reduction of benzodiazepines. (See Warnings.) Dosage should be gradually tapered under close supervision. Patients with a history of seizures or epilepsy should not be abruptly withdrawn from XANAX. Addiction-prone individuals should be under careful surveillance. **Controlled Substance Class:** XANAX is a controlled substance and has been assigned to schedule IV.

**OVERDOSAGE**

Manifestations include somnolence, confusion, impaired coordination, diminished reflexes and coma. No delayed reactions have been reported.

**DOSAGE AND ADMINISTRATION**

Dosage should be individualized.

The usual starting dose is 0.25 to 0.5 mg, t.i.d. Maximum total daily dose is 4 mg. In the elderly or debilitated, the usual starting dose is 0.25 mg, two or three times daily. Reduce dosage gradually when terminating therapy, by no more than 0.5 mg every three days.

**HOW SUPPLIED**

XANAX Tablets are available as 0.25 mg, 0.5 mg, and 1 mg tablets.

**CAUTION:**

FEDERAL LAW PROHIBITS DISPENSING WITHOUT PRESCRIPTION.

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April 1988

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Manuscripts for consideration should be sent to the editor, Malcolm S. M. Watts, MD, PO Box 7602, San Francisco, CA 94120-7602.

**"Information for Authors"**—A complete guide to manuscript submission and *WJM* style appears in the January and July issues. Manuscripts may be prepared in accordance with the "Uniform Requirements for Manuscripts Submitted to Biomedical Journals" (*Annals of Internal Medicine*, Feb 1988; *The Medical Journal of Australia*, Feb 1988).

**Author Responsibility**—Authors are responsible for all statements, conclusions and methods of presenting subjects. Articles are accepted on condition that they are contributed solely to this journal.

**Manuscripts**—Ordinarily manuscripts should not exceed 3,000 words (less than 15 typed double-spaced pages). The original manuscript and two copies should be submitted, typed double-spaced throughout. If photographic illustrations are desired, three sets of clear, unmounted black and white glossy prints should be supplied. For line drawings, original artwork or glossy prints are acceptable. Tables should be typed on separate sheets of paper.

**Clinical Investigation**—Papers that authors wish considered for the Clinical Investigation section should be so designated in the transmittal letter. Such papers should describe experimental work in humans that extensively and prospectively examines scientific hypotheses relating to disease.

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## ARIZONA

The following list of continuing medical education programs in Arizona is compiled by the Arizona Medical Association. All courses listed have been certified as meeting the criteria for Category I of the ArMA CME Certificate and the AMA Physicians Recognition Award. To list Category I continuing medical education programs, please send information to Arizona Medical Association, 810 West Bethany Home Road, Phoenix, AZ 85013; or phone (602) 246-8901.

Brochures and registration forms are available from the contact person or organization sponsoring the program.

March 30-April 1—**25th Annual Arizona Chest Symposium.** Westin LaPaloma, Tucson. Thurs-Sat. Contact: Susan Thornton, Tucson Medical Center, (602) 327-5461, ext 5110.

April 3-4—**Mayo Clinic Scottsdale Clinical Reviews.** The Registry Resort, Scottsdale. Mon-Tues. Contact: Jodi Lee Smith, Mayo Clinic Scottsdale, (602) 391-8300.

April 28-29—**Recent Advances in Cardiovascular Diseases.** The Registry Resort, Scottsdale. Fri-Sat. Contact: Jodi Lee Smith, Mayo Clinic Scottsdale, (602) 391-8300.

June 1—**1989 Arizona Medical Association Annual Meeting—Current Perspectives.** The Pointe at South Mountain. Thurs. Contact: ArMA.

### CONTACT INFORMATION

ArMA—Contact: Arizona Medical Association, 810 W. Bethany Home Rd. Phoenix, AZ 85013. (602) 246-8901.

U of A—Contact: University of Arizona College of Medicine, Arizona Health Sciences Center, Tucson, AZ 85724. (602) 626-6707.

## CALIFORNIA, HAWAII, AND NEVADA

This listing of continuing education programs in California, Hawaii, and Nevada is supplied by the Committee on Continuing Medical Education of the California Medical Association. All courses and meetings listed have been approved for Category I credit toward the CMA Certificate in Continuing Medical Education. To have accredited courses listed here, please send information at least two months in advance to Department of Continuing Medical Education, California Medical Association, PO Box 7690, San Francisco 94120-7690; or phone (415) 541-0900. For a list of organizations approved for Category I credit toward the CMA Certificate in Continuing Medical Education or for more information on accreditation or certification, please write to the above address.

### ALLERGY

September 21-22—**Advances in the Diagnosis and Treatment of Allergic Diseases.** UCSF at Hyatt Union Square, San Francisco. Thurs-Fri. \$200. Contact: UCSF.

### ANESTHESIOLOGY

March 16-19—**Obstetrical Anesthesia: 1989.** UCSF at Hotel Meridien, San Francisco. Thurs-Sun. Contact: Anita Edgcombe, UCSF, C 450, Box 0648, San Francisco 94143-0648. (415) 476-2273.

March 18-19—**34th Postgraduate Assembly.** Los Angeles County Society of Anesthesiologists at Los Angeles Hilton Hotel. Sat-Sun. Contact: LACSA, PO Box 3465, Los Angeles 90051-1465. (213) 483-1581, ext 320.

June 15-18—**California Society of Anesthesiologists: 1989 Annual Meeting.** California Society of Anesthesiologists at Monterey Conference Center. Thurs-Sun. 20 hrs. \$150. Contact: CSA, 1065 E Hillsdale Blvd, Ste 410, Foster City 94404. (415) 345-3020.

August 13-18—**Hawaiian Seminar on Clinical Anesthesia.** California Society of Anesthesiologists at Sheraton Kauai Hotel, Poipu Beach, Hawaii. Sun-Fri. 20 hrs. \$325. Contact: CSA, 1065 E Hillsdale Blvd, Ste 410, Foster City 94404. (415) 345-3020.

October 22-28—**Hawaiian Seminar on Clinical Anesthesia.** California Society of Anesthesiologists at Stouffer's Resort Hotel, Wailea, Maui, Hawaii. Sun-Sat. 20 hrs. \$325. Contact: CSA, 1065 E Hillsdale Blvd, Ste 410, Foster City 94404. (415) 345-3020.

## CARDIOLOGY

March 16-18—**Arrhythmias: Interpretation, Diagnosis and Management.** Medical Education Resources at Westin Maui Hotel. Thurs-Sat. Contact: Deborah Wilderson, Educational Coordinator, Division of CME, 5808 S Rapp St, Ste 202, Littleton, CO 80120. (800) 421-3756.

### KEY TO ABBREVIATIONS

- CMA: California Medical Association  
Contact: Continuing Medical Education, California Medical Association, PO Box 7690, San Francisco 94120-7690. (415) 541-0900.
- DREW: Charles R. Drew Postgraduate Medical School  
Contact: Herbert M. Thomas, MD, MPH, Director of CME, Office of Continuing Education, Charles R. Drew Postgraduate Medical School, 1621 East 120th Street, Los Angeles 90059. (213) 603-3183.
- LLU: Loma Linda University  
Contact: James J. Couperus, MD, Associate Dean for Educational Affairs, Loma Linda University School of Medicine, Loma Linda 92350.
- PMC: Pacific Medical Center  
Contact: Continuing Education, Pacific Medical Center, PO Box 7999, San Francisco 94120. (415) 563-4321, ext 2761.
- STAN: Stanford University  
Contact: Edward Rubenstein, MD, Associate Dean for Postgraduate Education, Medical School Office Building, Suite X-365, Stanford 94305-6114. (415) 723-5594.
- UCD: University of California, Davis  
Contact: Ruth Feryok, Director, Office of Continuing Medical Education, University of California, Davis, School of Medicine, 2701 Stockton Boulevard, Sacramento 95817. (916) 453-5390.
- UCI: University of California, Irvine  
Contact: Melvin I. Marks, MD, Assistant Dean, University of California, Irvine, California College of Medicine, c/o UCI/CME Program, Memorial Medical Center, 2801 Atlantic Avenue, Long Beach 90801-1428. (213) 595-3811, or (714) 856-5414, UCI Extension.
- UCLA: University of California, Los Angeles  
Contact: Martin D. Shickman, MD, Director, Continuing Education in Medicine and the Health Sciences, PO Box 24902, UCLA, Los Angeles 90024. (213) 825-7186.
- UCSD: University of California, San Diego  
Contact: Office of Continuing Medical Education, University of California, San Diego, School of Medicine (M-017), La Jolla 92093. (619) 534-3713.
- UCSF: University of California, San Francisco  
Contact: Robert Maggio, Administrative Director, Extended Programs in Medical Education, School of Medicine, University of California, San Francisco 94143. (415) 476-4251.
- USC: University of Southern California  
Contact: Phil R. Manning, MD, Associate Dean, Postgraduate Division, University of Southern California School of Medicine, 1975 Zonal Ave, KAM314, Los Angeles 90033. (213) 224-7051.

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## CONTINUING MEDICAL EDUCATION

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- March 18-19—**Interventional Cardiology Conference.** UCI at Costa Mesa. Sat-Sun. 12 hrs. Contact: UCI.
- March 31-April 1—**Coronary Heart Disease Update.** Medical Education Resources at Caesar's Palace, Las Vegas. Fri-Sat. Contact: Deborah Wilderson, Educational Coordinator, Division of CME, 5808 S Rapp St, Ste 202, Littleton, CO 80120. (800) 421-3756.
- April 14-15—**Update in Clinical Cardiology for the Primary Care Physician.** Medical Education Collaborative at Las Vegas, Nevada. Fri-Sat. 12 hrs. \$295. Contact: MEC, 133 S Van Gordon St, Ste 315, Lakewood, CO 80228. (800) 442-6632.
- April 24-May 3—**Cardiology for the Consultant.** Scripps Clinic and Research Foundation at Rancho Santa Fe Inn. 1½ weeks. 40 hours. \$900. Contact: Bonny Mower, 10666 N Torrey Pines Rd, La Jolla 92037. (619) 554-8556.
- May 12-13—**Arrhythmias: Interpretation, Diagnosis and Management.** Medical Education Resources at Sheraton Fisherman's Wharf. Fri-Sat. Contact: Deborah Wilderson, Educational Coordinator, Division of CME, 5808 S Rapp St, Ste 202, Littleton, CO 80120. (800) 421-3756.
- June 16-17—**Coronary Heart Disease.** Medical Education Resources at Hyatt Lake Tahoe. Fri-Sat. Contact: Deborah Wilderson, Educational Coordinator, Division of CME, 5808 S Rapp St, Ste 202, Littleton, CO 80120. (800) 421-3756.
- June 23-24—**Advanced Cardiac Life Support.** UCI at Center for Health Education, Long Beach. Fri-Sat. Contact: UCI.
- June 24—**Cardiology, Holter Monitoring, and Stress Testing Workshop.** Continuing Medical Education Associates at Holiday Inn Union Square, San Francisco. Sat. 7 hrs. \$195. Contact: Jacqueline Shiller, PO Box 84296, San Diego 92138. (619) 223-2997.
- July 7-8—**Case Studies in ECG Interpretation and Arrhythmia Management.** Medical Education Collaborative at San Diego. Fri-Sat. 12 hrs. \$295. Contact: MEC, 133 S Van Gordon St, Ste 315, Lakewood, CO 80228. (800) 442-6632.
- July 15—**Cardiology, Holter Monitoring, and Stress Testing Workshop.** Continuing Medical Education Associates at Grand Hotel, Anaheim. Sat. 7 hrs. \$195. Contact: Jacqueline Shiller, PO Box 84296, San Diego 92138. (619) 223-2997.
- July 21-22—**Arrhythmias: Interpretation, Diagnosis and Management.** Medical Education Resources at Disneyland Hotel, Anaheim. Fri-Sat. Contact: Deborah Wilderson, 5808 S Rapp St, Ste 202, Littleton, CO 80120. (800) 421-3756.

## DERMATOLOGY

- June 2-3—**Southwestern Regional Cutaneous Flap Workshop.** UCLA Center for Health Sciences. Fri-Sat. 15 hrs. Contact: Daniel E. Gormley, MD, 412 W Carroll, Ste 207, Glendora 91740. (818) 963-7684.
- June 25—**Dermatology and Dermatologic Office Procedures Workshop.** Continuing Medical Education Associates at Holiday Inn Union Square, San Francisco. Sun. 7 hrs. \$195. Contact: Jacqueline Shiller, PO Box 84296, San Diego 92138. (619) 223-2997.
- July 16—**Dermatology and Dermatologic Office Procedures Workshop.** Continuing Medical Education Associates at Grand Hotel, Anaheim. Sun. 7 hrs. \$195. Contact: Jacqueline Shiller, PO Box 84296, San Diego 92138. (619) 223-2997.
- August 4-5—**Southwestern Regional Cryostat and Microscopically Controlled Surgical Workshop.** UCSD. Fri-Sat. 15 hrs. Contact: Daniel E. Gormley, MD, 412 W Carroll, Ste 207, Glendora 91740. (818) 963-7684.

## EMERGENCY MEDICINE

- March 20-24—**Postgraduate Institute for Emergency and Primary Care Physicians, Symposia I, II, III and Optional Advanced Emergency Procedures Laboratory.** UCSD. Mon-Fri. \$450. Contact: UCSD.
- April 5-7—**Advances in Emergency Medicine.** UCSF at Stanford Court, San Francisco. Wed-Fri. \$380. Contact: UCSF.
- April 26-28—**8th Annual Modern Concepts in Trauma Care Symposium.** Orange County Trauma Society at Disneyland Hotel, Anaheim. Wed-Fri. 17 hrs. Contact: Orange County Trauma Society, 321 N Rampart, Ste 100, Orange 92668. (714) 937-5030.

- May 1-5—**Postgraduate Institute for Emergency and Primary Care Physicians, Symposia I, II, III and Optional Advanced Emergency Procedures Laboratory.** UCSD at San Diego Marriott Hotel & Marina. Mon-Fri. 32 hrs. \$450. Contact: UCSD.
- June 19-23—**Postgraduate Institute for Emergency and Primary Care Physicians, Symposia I, II, III and Optional Advanced Emergency Procedures Laboratory.** UCSD at Hanalei Hotel, Hawaii. Mon-Fri. 32 hrs. \$450. Contact: UCSD.
- June 23-24—**Advanced Cardiac Life Support.** Center for Health Education at Long Beach. Fri-Sat. Contact: Center for Health Education, 2801 Atlantic Ave, PO Box 1428, Long Beach 90801-1428. (213) 595-3811.
- June 24-25—**11th Annual Poison Center Symposium: Emergency Medicine and Toxicology.** UCSF at Cathedral Hill Hotel, San Francisco. Sat-Sun. 16 hrs. \$280. Contact: UCSF.
- August 21-25—**Postgraduate Institute for Emergency and Primary Care Physicians, Symposia I, II, III and Optional Advanced Emergency Procedures Laboratory.** UCSD. Mon-Fri. 32 hrs. \$450. Contact: UCSD.

## INTERNAL MEDICINE

- January-June—**Seminars in Cytopathology 1989.** UCSF at Health Sciences Room 300. Thurs/monthly. 12 hrs. \$140 full series/\$30 single. Contact: UCSF.
- March 17-18—**Frontiers of Rheumatology.** Annenberg Center for Health Sciences at Eisenhower. Fri-Sun. Contact: ACHS, 39000 Bob Hope Drive, Rancho Mirage 92270.
- March 17-19—**Gastroenterology Update Cruise.** Center for Health Education at Queen Mary Hotel, Long Beach. Fri-Sun. 9 hrs. Contact: UCI.
- March 17-23—**Internal Medicine 1989: A Comprehensive Review.** Sharp Memorial Hospital at Hotel Del Coronado, San Diego. Fri-Thurs. 54 hrs. \$495. Contact: Jacqueline Shiller, CMEA, PO Box 84296, San Diego 92138. (619) 223-2997.
- March 21-24—**Topics in Rheumatology II.** Straub Foundation at Ilikai Hotel, Honolulu, Hawaii. Tues-Fri. 16 hrs. \$350. Contact: Juliana J. Woo, MPH, Straub Foundation, 846 S Hotel St, #302, Honolulu, HI 96813. (808) 524-6755.
- April 6-7—**Diseases of the Urinary Tract.** Stanford Division of Urology at Hyatt Rikeys Hotel, Palo Alto. Thurs-Fri. 15 hrs. \$300. Contact: STAN.
- April 8—**Current Concepts in Liver Diseases.** Scripps Clinic and Research Foundation at La Jolla. Sat. 6 hrs. \$120. Contact: Bonny Mower, 10666 N Torrey Pines Rd, La Jolla 92037. (619) 554-8556.
- April 14-15—**National Melanoma Conference.** Northern California Cancer Center and Melanoma Foundation at Sir Francis Drake Hotel, San Francisco. Fri-Sat. 9.25 hrs. \$225. Contact: Chris Wagner, (415) 595-2704.
- April 25-28—**Structural and Chemical Basis for Cell Function.** Annenberg Center for Health Sciences at Eisenhower. Tues-Fri. Contact: ACHS, 39000 Bob Hope Drive, Rancho Mirage 92270.
- May 6-7—**Gastroenterology Update.** UCI. Sat-Sun. Contact: UCI.
- May 6-13—**Internal Medicine.** STAN at Mauna Kea Beach Hotel, Hawaii. Sun-Fri. 25 hrs. \$540. Contact: STAN.
- June 12-16—**Advances in Internal Medicine.** UCSF at Hyatt Regency Hotel, San Francisco. Mon-Fri. 32 hrs. \$440. Contact: UCSF.
- June 14-16—**Gastroenterology: Recent Developments in Theory and Practice.** UCSF at Hyatt Union Square. Wed-Fri. 17 hrs. \$375. Contact: UCSF.
- June 26-30—**Advances in Internal Medicine.** UCSF at Hyatt Regency Hotel, San Francisco. Mon-Fri. 32 hrs. \$440. Contact: UCSF.
- September 4-5—**International Conference on Thyroid Metabolism.** UCI at Queen Mary Hotel, Long Beach. Mon-Tues. Contact: UCI.

## OB/GYN

- March 15-18—**Horizons in Reproductive Health.** UCSD and Planned Parenthood/San Diego at Hotel del Coronado, San Diego. Wed-Sat. 15 hrs. \$350. Contact: Carolyn Ferrer, Conference Coordinator, (619) 231-6760.

(Continued on Page 273)

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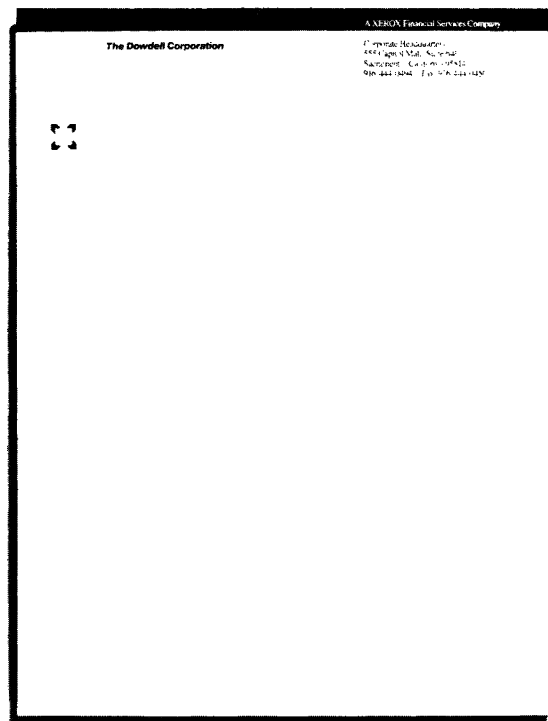
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## CONTINUING MEDICAL EDUCATION

(Continued from Page 272)

April 1-2—**Introduction of Vaginal Sonography.** UCI at Hyatt Ali-cante Hotel, Garden Grove. Sat-Sun. Contact: UCI.

June 22-24—**Basic and Advanced Colposcopy.** American College of Obstetricians and Gynecologists at San Francisco. Thurs-Sat. 16 hrs. \$600. Contact: ACOG Registrar, 409 12th St, SW, Washington, DC 20024-2180. (202) 863-2541.

June 30-July 4—**7th Annual Controversies in OB/GYN.** UCI at Mauna Kea, Hawaii. Fri-Tues. Contact: UCI.

July 10-12—**Breastfeeding: A Natural World Resource.** La Leche League International at The Anaheim Hilton and Towers. Mon-Wed. 16 hrs. Contact: c/o La Leche League International, 9616 Minneapolis Ave, Franklin Park, IL 60131. (312) 455-7730.

July 29-August 8—**Update in Urogynecology.** UCI at Hawaii. 1 week/2 days. Contact: UCI.

### OPHTHALMOLOGY

April 1—**Visions in Ophthalmology '89.** Scripps Memorial Hospital at La Jolla Marriott, San Diego. Sat. 5 hrs. \$100. Contact: Nomi Feldman, Conference Coordinator, 3770 Tansy St, San Diego 92121. (619) 453-6222.

August 25-27—**Regional Update Course in Ophthalmology: Section 1 of 3.** American Academy of Ophthalmology at Los Angeles. Fri-Sun. Contact: Gary Holland, MD, Jules Stein Institute. (213) 825-9508.

### PEDIATRICS

March 17-18—**Hematology and AIDS: Neonatal & Pediatric Perspectives II.** Children's Hospital at Berkeley Marina Marriott Hotel. Fri-Sat. 12 hrs. \$160. Contact: Kim I. Leadon, CME, Children's Hospital, 747-52nd St, Oakland 94609. (415) 428-3021.

March 30-April 1—**Pediatric Trends.** American Academy of Pediatrics at Waiohai Hotel, Kauai, Hawaii. Thurs-Sat. 16 hrs. Contact: CME Registration, Department of Education, AAP, PO Box 927, Elk Grove Village, IL 60009-5005. (800) 433-9016.

April 1—**Ethical Issues in Pediatrics.** UCI at Center for Health Education, Long Beach. Sat. Contact: UCI.

April 5-7—**14th Annual Symposium on Care of the Sick Newborn.** UCI at Hyatt Regency Hotel, Long Beach. Wed-Fri. Contact: UCI.

April 14-16—**2nd Annual Pediatrics in Progress.** American Academy of Pediatrics at Las Vegas. Fri-Sun. 18 hrs. Contact: American Academy of Pediatrics, Dept of Education, PO Box 927, Elk Grove Village, IL 60009-0927. (800) 433-9016 ext 7657.

April 15—**New Information on Old Exanthems.** Los Angeles Pediatric Society at Childrens Hospital, Los Angeles. Sat. Contact: Eve Black, Los Angeles Pediatric Society, PO Box 2022, Inglewood 90305. (213) 757-1198.

April 15—**Immunizations: Current and Future Vaccines.** Los Angeles Pediatric Society at Childrens Hospital, Los Angeles. Sat. Contact: Eve Black, Los Angeles Pediatric Society, PO Box 2022, Inglewood 90305. (213) 757-1198.

April 15—**Menstrual Problems in Adolescents.** Los Angeles Pediatric Society at Childrens Hospital, Los Angeles. Sat. Contact: Eve Black, Los Angeles Pediatric Society, PO Box 2022, Inglewood 90305. (213) 757-1198.

April 15—**Common Presentations of Uncommon Conditions; Uncommon Presentations of Common Conditions.** Los Angeles Pediatric Society at Childrens Hospital, Los Angeles. Sat. Contact: Eve Black, Los Angeles Pediatric Society, PO Box 2022, Inglewood 90305. (213) 757-1198.

April 27-28—**Prenatal Genetics Diagnosis and Fetal Therapy.** UCI at Newport Marriott. Thurs-Fri. Contact: UCI.

(Continued on Page 274)

## CONTINUING MEDICAL EDUCATION

(Continued from Page 273)

- June 10—**Atherosclerosis; Pathogenesis and Screening.** Los Angeles Pediatric Society at Kaiser Permanente, Panorama City. Sat. Contact: Eve Black, Los Angeles Pediatric Society, PO Box 2022, Inglewood 90305. (213) 757-1198.
- June 10—**Hypertension in Children.** Los Angeles Pediatric Society at Kaiser Permanente, Panorama City. Sat. Contact: Eve Black, Los Angeles Pediatric Society, PO Box 2022, Inglewood 90305. (213) 757-1198.
- June 10—**Office Evaluation of Sports Injuries.** Los Angeles Pediatric Society at Kaiser Permanente, Panorama City. Sat. Contact: Eve Black, Los Angeles Pediatric Society, PO Box 2022, Inglewood 90305. (213) 757-1198.
- June 10—**Fitness Training in Children.** Los Angeles Pediatric Society at Kaiser Permanente, Panorama City. Sat. Contact: Eve Black, Los Angeles Pediatric Society, PO Box 2022, Inglewood 90305. (213) 757-1198.
- July 18—**22nd Annual Advances and Controversies in Clinical Pediatrics.** UCSF at Mark Hopkins Hotel Nob Hill, San Francisco. Thurs-Sat. 16 hrs. \$275. Contact: UCSF.

## RADIOLOGY

- April 16-21—**9th Annual San Diego Residents Radiology Review Course.** UCSD at Town and Country Hotel, San Diego. Sun-Fri. 39 hrs. \$425. Contact: Dawne Ryals, Ryals & Associates. (404) 641-9773.
- April 28-30—**14th Annual Spring Diagnostic Ultrasound Conference.** Los Angeles Radiological Society at Century Plaza Hotel, Los Angeles. Fri-Sun. 20 hrs. Contact: LARS, PO Box 91215, Los Angeles 90009-1215. (213) 827-9078.
- May 2-6—**9th Annual Mid-Pacific Diagnostic Ultrasound Conference.** Los Angeles Radiological Society at Royal Waikoloan Hotel, The Big Island of Hawaii. Tues-Sat. 19 hrs. \$395. Contact: LARS, PO Box 91215, Los Angeles 90009-1215. (213) 827-9078.
- July 27-30—**3rd Annual Symposium on Magnetic Resonance Imaging.** Ritz-Carlton Resort Hotel, Laguna Niguel. Thurs-Sun. 23 hrs. \$395. Contact: Dawne Ryals, PO Box 1925, Roswell, GA 30077-1925. (404) 641-9773.
- July 31-August 4—**Modern Radiology Practice.** UCSD at Four Seasons Biltmore Hotel, Santa Barbara. Mon-Fri. 24 hrs. \$395. Contact: Dawne Ryals, PO Box 1925, Roswell, GA 30077-1925. (404) 641-9773.
- March 18-25—**Primary Care Medicine: Update '89.** UCSF at the Waiohio, Kauai, Hawaii. 1 week. 20 hrs. \$465. Contact: UCSF.
- March 19-22—**Annual Meeting of the Society for Adolescent Medicine.** Society for Adolescent Medicine at San Francisco. Sun-Wed. Contact: Edie Moore, 10727 White Oak Ave, Ste 101, Granada Hills 91344. (818) 368-5996.
- March 20-21—**HIV: A Multidisciplinary Approach.** Community Hospital of Sonoma County. Red Lion Inn, Rohnert Park. Mon-Tues. 12 hrs. \$180. Contact: Community Hospital of Sonoma County, 3325 Chanate Rd, Santa Rosa 95404. (707) 576-4551.
- March 27-29—**Basic Science for Clinicians.** STAN at Stanford Medical Center. Mon-Wed. 16 hrs. \$405. Contact: STAN.
- March 29-31—**Annual Review in Family Medicine: Pharmacotherapeutics in Primary Care.** USC at Stanford Court Hotel, San Francisco. Wed-Fri. 14 hrs. Contact: Department of Family and Community Medicine, 400 Parnassus Ave, A C9, San Francisco 94143-0900. (415) 476-5250.
- April 1-2—**New Drugs and New Indications.** UCSF at Cole Hall. Sat-Sun. 15 hrs. \$230. Contact: UCSF.
- April 7—**Nora Eccles Harrison Diabetes and Nutrition Update.** UCD at Hyatt Regency, San Francisco. Fri. 5 hrs. \$45. Contact: UCD.
- April 8—**Antibiotics: 1989 and Beyond.** Grossmont District Hospital at Kona Kai and Tennis Resort, San Diego. Sat. 8 hrs. Contact: Verda Belyeu, CME Office, Grossmont Hospital, PO Box 158, La Mesa 92044. (619) 589-4153.
- April 12—**Preventive Medicine Symposium.** Enloe Hospital and Chico Community Hospital at The Esplanade Building, Chico. Wed. 6 hrs. Contact: Bonnie Wells, Medical Staff Office, Enloe Hospital. (916) 891-7300.
- April 12-14—**39th Annual Course for Physicians in Family Practice: Family Practice Update 1989.** Mount Zion Hospital and Medical Center at San Francisco. Wed-Fri. \$325. Contact: Family Practice Course, Mount Zion Hospital and Medical Center, PO Box 7921, San Francisco 94120. (415) 885-7270.
- April 13-15—**Recent Advances in Hemophilia Care.** The Hemophilia Treatment Center Orthopaedic Hospital at Los Angeles Hilton. Thurs-Sat. \$200. Contact: Nomi Feldman, Conference Coordinator, 3770 Tansy St, San Diego 92121. (619) 453-6222.
- April 14-16—**Office Orthopaedics for the Primary Care Physician.** Sharp Memorial Hospital at San Diego Princess. Fri-Sun. 20 hrs. \$395. Contact: Jacqueline Shiller, PO Box 84296, San Diego 92138. (619) 223-2997.
- April 19-21—**8th Annual Bright Horizons in Respiratory Care.** Annenberg Center for Health Sciences at Eisenhower. Wed-Fri. Contact: ACHS, 39000 Bob Hope Dr, Rancho Mirage 92270.
- April 19-22—**4th International Symposium: Gyn/Onc/Surg/Urol.** UCI at Newport Beach Sheraton. Wed-Sat. 15 hrs. Contact: UCI.
- April 29-30—**Clinical Strategies for the Primary Care Physician: Focus on the Aging Patient.** American Academy of Family Physicians Santa Clara at Monterey Conference Center Steinbeck Forum. Sat-Sun. 9 hrs. \$150. Contact: Eugene Greider, MD, 877 Fremont Ave, Bldg J, Sunnyvale 94087. (408) 736-2304.
- April 29-30—**The Cutting Edge 1989 Erotic Mysteries: Resolving Obstacles to Intimacy.** UCSD at San Diego Marriott Hotel & Marina. Sat-Sun. 12.5 hrs. \$295. Contact: Cass Jones, Meeting Management, 3770 Tansy St, San Diego 92121. (619) 453-6222.
- April 30-May 3—**12th Annual National Conference on Rural Health: Redesigning Rural Health: Blueprints for Success.** National Rural Health Association at Bally's Hotel, Reno, Nevada. Sun-Wed. Contact: Robert Quick, Communications Director. (816) 756-3140.
- May 3-5—**10th Annual Advances in Infectious Diseases: Current Therapy.** UCSF at Stanford Court, San Francisco. Wed-Fri. \$365. Contact: UCSF.
- May 10—**Laboratory Medicine Symposium.** Enloe Hospital and Chico Community Hospital at The Esplanade Building, Chico. Wed. 6 hrs. Contact: Bonnie Wells, Medical Staff Office, Enloe Hospital. (916) 891-7300.
- May 19-20—**Medical Consequences of Alcohol and Other Drugs.** UCSD. Thurs-Fri. 9 hrs. \$105. Contact: UCSD.
- May 25-26—**5th Annual Current Issues in Anatomic Pathology.** UCSF at Holiday Inn Union Square, San Francisco. Thurs-Fri. 12 hrs. \$300. Contact: UCSF.

## OF INTEREST TO ALL PHYSICIANS

- March 18-19—**26th Annual Clinical Hypnosis Workshop.** San Francisco Academy of Hypnosis at Letterman Army Medical Center, San Francisco. Sat-Sun. 28 hrs. \$350. Contact: Jan Brooks, 615-27th St, San Francisco 94131. (415) 826-0533.

(Continued on Page 286)

# Nitro-Dur®

(nitroglycerin)  
Transdermal Infusion System

- **Easy opening**—even for arthritic hands.
- **Round-the-clock cling**—lies flat, holds tight.
- **Hard to notice, easy to wear**—semitransparent, soft and flexible.
- **Push-button removal**—just a press in the center raises the rim for easy lift-off.

## BRIEF SUMMARY

**INDICATIONS AND USAGE:** This drug product has been conditionally approved by the FDA for the prevention and treatment of angina pectoris due to coronary artery disease. The conditional approval reflects a determination that the drug may be marketed while further investigation of its effectiveness is undertaken. A final evaluation of the effectiveness of the product will be announced by the FDA.

**CONTRAINDICATIONS:** Intolerance of organic nitrate drugs, marked anemia.

**WARNINGS:** The NITRO-DUR system should be used under careful clinical and/or hemodynamic monitoring in patients with acute myocardial infarction or congestive heart failure.

In terminating treatment of anginal patients, both the dosage and frequency of application must be gradually reduced over a period of 4 to 6 weeks in order to prevent sudden withdrawal reactions, which are characteristic of all vasodilators in the nitroglycerin class.

**PRECAUTIONS:** Symptoms of hypotension, such as faintness, weakness or dizziness, particularly orthostatic hypotension, may be due to overdosage. If during the course of treatment these symptoms occur, the dosage should be reduced or use of the product discontinued.

NITRO-DUR is not intended for use in the treatment of acute anginal attacks. For this purpose, occasional use of sublingual nitroglycerin may be necessary.

**Pregnancy:** Pregnancy Category C. Animal reproduction studies have not been conducted with NITRO-DUR. It is also not known whether nitroglycerin can cause fetal harm when administered to a pregnant woman or can affect reproduction capacity. Nitroglycerin should be given to a pregnant woman only if clearly needed.

**Nursing Mothers:** It is not known whether nitroglycerin is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when NITRO-DUR is administered to a nursing woman.

**ADVERSE REACTIONS:** Transient headache is the most common side effect, especially when higher doses of the drug are administered. Headaches should be treated with mild analgesics while continuing NITRO-DUR therapy. If headache persists, the NITRO-DUR dosage should be reduced or use of the product discontinued.

Adverse reactions reported less frequently include hypotension, increased heart rate, faintness, flushing, dizziness, nausea, vomiting, and dermatitis. Except for dermatitis, these symptoms are attributed to the pharmacologic effects of nitroglycerin. However, they may be symptoms of overdosage. When they persist, the NITRO-DUR dosage should be reduced or use of the product discontinued.

**CAUTION:** Federal law prohibits dispensing without prescription. EDP #1030160  
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All transdermal nitroglycerin products are being marketed pending final evaluation of effectiveness by the FDA.



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## CONTINUING MEDICAL EDUCATION

(Continued from Page 274)

June 4-9—**The Power of the Art: Humanism, Healing and Health Care.** Kauai Foundation for Continuing Education and The Hawaii Medical Association at Poipu Beach, Kauai. Sun-Fri. 25 hrs. \$395. Contact: David J. Elpern, MD, 3420-B, Kuhio Highway, Lihue, HI 97666. (808) 245-5653.

June 11-16—**Family Practice Refresher Course.** UCI at Newport Beach Sheraton. Sun-Fri. 30 hrs. Contact: UCI.

June 23—**Colon Cancer Screening and Flexible Sigmoidoscopy Workshop.** Continuing Medical Education Associates at Holiday Inn Union Square, San Francisco. Fri. 7 hrs. \$195. Contact: Jacqueline Shiller, PO Box 84296, San Diego 92138. (619) 223-2997.

July 9-12—**3rd Annual Family Practice Board Review.** UCSD at Hanalei Hotel, San Diego. Sun-Wed. 20 hrs. \$355. Contact: Janice R. Turner, PO Box 2528, La Jolla 92038. (619) 459-9597.

July 10-13—**Family Practice Board Review Course.** UCSF at Holiday Inn Union Square, San Francisco. Mon-Thurs. 25 hrs. Contact: Division of Family and Community Medicine, 400 Parnassus Ave, A-C9, San Francisco 94143-0900. (415) 476-1482.

July 14—**Colon Cancer Screening and Flexible Sigmoidoscopy Workshop.** Continuing Medical Education Associates at Grand Hotel, Anaheim. Fri. 7 hrs. \$195. Contact: Jacqueline Shiller, PO Box 84296, San Diego 92138. (619) 223-2997.

August 11-12—**Office Practice Enhancement: Non-invasive Diagnostic Testing.** Medical Education Collaborative at Lake Tahoe, Nevada. Fri-Sat. Contact: MEC, 133 S Van Gordon St, Ste 315, Lakewood, CO 80228. (800) 442-6632.

September 8-9—**Update in Clinical Cardiology for the Primary Care Physician.** Medical Education Collaborative at Napa. Fri-Sat. Contact: MEC, 133 S Van Gordon St, Ste 315, Lakewood, CO 80228. (800) 442-6632.

September 13-15—**Primary Care Medicine: Principles and Practice.** UCSF at The Portman, San Francisco. Wed-Fri. 20 hrs. \$385. Contact: UCSF.

## IDAHO

March 23-24—**Infectious Diseases of the Lung—Idaho Thoracic Society Annual Meeting.** Anderson Center, Boise. Thurs-Fri. Fee: \$20, ITS members; \$40, nonmembers. Contact: Idaho Thoracic Society, 2621 Camas St, Boise 83705. (208) 344-6567.

May 7-10—**Idaho Academy of Family Physicians—Annual Meeting.** Coeur d'Alene Convention Center. Sun-Wed. Contact: Irma Sparks, Exec Dir, Idaho Academy of Family Physicians, PO Box 175, Boise 83701. (208) 362-4808.

July 27-29—**Idaho Medical Association—Annual Meeting.** Sun Valley. Thurs-Sun. Contact: Idaho Medical Assn, 305 W Jefferson, PO Box 2668, Boise 83701.

## NEW MEXICO

Information, requests for accreditation and items to be listed should be sent to the chairman of the CME Committee, New Mexico Medical Society, 303 San Mateo NE, Suite 204, Albuquerque, NM 87108 at least two months in advance. For information on CME accreditation or on the CME requirements of the New Mexico Board of Medical Examiners, please write to the above address or call (505) 266-7868.

**NOTE:** Course information in the following listing is subject to change on occasion. Check with the sponsoring institution for current details.

March 31—**James Wiggins Lectureship—Human Papilloma Virus: Its Impact on Women's Care.** Marriott Hotel, Albuquerque. Contact: Office of CME, Presbyterian Hospital, (505) 841-1225.

May 11-13—**New Mexico Medical Society Annual Meeting—A Celebration of the University of New Mexico School of Medicine's 25th Year.** Holiday Inn Journal Center, Albuquerque. Contact: New Mexico Medical Society, 303 San Mateo NE, #204, Albuquerque 87108. (505) 266-7868.

(Continued on Page 288)



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### CONTINUING MEDICAL EDUCATION

(Continued from Page 286)

## UTAH

This listing of continuing medical education courses in Utah is compiled and edited by the CME office of the Utah Medical Association. All courses listed have been certified by CME accredited institutions as meeting the criteria for Category 1 of the Physician's Recognition Award of the American Medical Association. They also must meet the definition of Utah Approved CME Credit for the purpose of medical license reregistration in Utah. Accredited institutions wishing to list AMA Category 1/Utah Approved CME courses here should send information at least two months in advance to the Office of Continuing Medical Education, 540 East Fifth South, Salt Lake City, Utah 84102; or phone (801) 355-5290. For information on CME accreditation or on the CME requirements of the Utah Physicians' Licensing Board, please write the CME office at the above address.

NOTE: Course information in the following listing is subject to change on occasion. Check with the sponsoring institution or the CME office for current details.

## MEDICAL GRAND ROUNDS

Each Wed—8:00-9:00 a.m. Alternating between University of Utah Medical Center and VA Medical Center, Salt Lake City. Contact: William D. Odell, MD, PhD, Professor and Chairman, Dept of Internal Medicine, Univ of Utah, (801) 581-7606.

March 17—Update in Infectious Diseases (Sponsor: UUMC). Fri. Skaggs Hall Auditorium, Salt Lake City. Contact: (801) 581-8664.

### SPONSORS OF COURSES—ABBREVIATIONS

- AHA: American Heart Association, Utah Affiliate, 645 E 400 South, Salt Lake City 84102. (801) 322-5601.
- BYUHS: Brigham Young University Health Services, McDonald Student Health Center, Brigham Young University, Provo 84602. (801) 378-2771.
- CH: Castleview Hospital (formerly Carbon Hospital), RFD 2, Box 46, Price 84501. (801) 637-4800.
- CWH: Cottonwood Hospital, 5770 S 300 East, Salt Lake City 84101. (801) 262-3461.
- DMC: Dixie Medical Center, 544 S 400 East, St George 84770. (801) 673-9681.
- HCH: Holy Cross Hospital, 1045 E First South, Salt Lake City 84102. (801) 350-4744.
- ITS: Intermountain Thoracic Society, 1616 S 11th East, Salt Lake City 84105. (801) 484-4456.
- LDSH: LDS Hospital, 8th Ave and "C" St, Salt Lake City 84143. (801) 321-1100.
- LRH: Logan Regional Hospital, 1400 N 5th East, Logan 84321. (801) 752-2050.
- MDH: McKay-Dee Hospital Center, 3939 Harrison Blvd, Ogden 84409. (801) 399-4141.
- MVH: Mountain View Hospital, 1000 E Highway 6, Payson 84651. (801) 465-9201.
- 144: 144th Evacuation Hospital, PO Box 8000, Salt Lake City 84108. (801) 524-3924.
- OSS: Ogden Surgical Society, PO Box 9311, Ogden 84409.
- PCMC: Primary Children's Medical Center, 320 12th Ave, Salt Lake City 84103. (801) 363-1221.
- PVH: Pioneer Valley Hospital, 3460 S 4155 West, West Valley City 84120. (801) 968-9061.
- SMH: St Mark's Hospital, 1200 E 3900 South, Salt Lake City 84117. (801) 268-7111.

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## CONTINUING MEDICAL EDUCATION

(Continued from Page 288)

- UOS: Utah Ophthalmological Society, 540 E 500 South, Salt Lake City 84102. (801) 355-7477.  
 USH: Utah State Hospital, PO Box 270, Provo 84603-0270. (801) 373-4400.  
 UUMC: University of Utah Medical Center, 50 N Medical Dr, Salt Lake City 84132. (801) 581-2258.  
 UVRMC: Utah Valley Regional Medical Center, 1034 N Fifth West, Provo 84604. (801) 373-7850.  
 VAMC: Veterans Administration Medical Center, 500 Foothill Dr, Salt Lake City 84148. (801) 582-1565.  
 VVMC: Valley View Medical Center, 595 S 75 East, Cedar City 84720. (801) 586-6587.

## WASHINGTON

This listing of continuing medical education programs in Washington state is compiled by the Washington State Medical Association. To list Category 1 programs here please send information at least two months in advance to Continuing Medical Education, Washington State Medical Association, 2033 Sixth Avenue, Suite 900, Seattle, WA 98121; or phone (206) 441-WSMA.

Brochures and registration forms are available from the contact person or organization listed at the end of each course or in the list of course sponsors and contact information.

- March 20-24—**Drug Therapy**. Maui. Mon-Fri. Contact: U/W.  
 March 22-23—**Orthopedics and Sports Medicine**. Tacoma. Wed-Thurs. Contact: (206) 627-7137.  
 March 22-24—**Spirometry Training for Worker Screening**. Seattle. Wed-Fri. Contact: U/W, (206) 543-1069.  
 April 11, 13—**AIDS Education**. Seattle. Tues, Thurs. Contact: UW, (206) 543-3910.  
 April 14-15—**Tacoma Surgical Club**. Fri-Sat. Tacoma. Contact: (206) 627-7137.  
 April 20-21—**Ergonomics**. Seattle. Thurs-Fri. Contact: U/W, (206) 543-1069.  
 April 22—**AIDS Education**. Spokane. Sat. Contact: UW, (206) 543-3910.  
 April 26-27—**Computers in Medicine (Clinical Applications)**. Tacoma. Wed-Thurs. Contact: (206) 627-7137.  
 May 15-17—**Occupational Hazards to Health Care Workers**. Seattle. Mon-Wed. Contact: U/W, (206) 543-1069.  
 May 17—**Neurology**. Tacoma. Wed. Contact: (206) 627-7137.  
 May 18-19—**Alzheimer's Update**. Seattle. Thurs-Fri. Contact: U/W.  
 May 20—**AIDS Education**. Everett. Sat. Contact: UW, (206) 543-3910.  
 June 1-3—**International Symposium on Pediatric NeuroOncology**. Seattle. Thurs-Sat. Contact: U/W.  
 June 2—**Current Otolaryngology**. Seattle. Fri. Contact: VMMC.  
 June 26-27—**Advanced Cardiac Life Support**. Tacoma. Mon-Tues. Contact: (206) 627-7137.  
 July 10-12—**The Best Approach 1989: Sports Medicine**. Seattle. Mon-Wed. Contact: (206) 326-7349.

## COURSE SPONSORS AND CONTACT INFORMATION

- CME HARBORVIEW—Contact: Gayle Splater, Cytology Continuing Education, Dept. of Pathology, Harborview Medical Center, 325 Ninth Avenue, Seattle, WA 98104. (206) 223-5953.  
 CME PIERCE COUNTY—Contact: Mrs Maxine Bailey, Executive Director, College of Medical Education, 705 South Ninth, No. 203, Tacoma, WA 98405. (206) 627-7137.  
 U/W (UNIVERSITY OF WASHINGTON)—Contact: U/W School of Medicine, Div. of CME, SC-50, Seattle, WA 98195. (206) 543-1050.  
 WSMA—Washington State Medical Association, Continuing Medical Education, 2033 Sixth Ave, Suite 900, Seattle, WA 98121. (206) 441-9762.  
 VMMC (VIRGINIA MASON MEDICAL CENTER)—Contact: Linda Orgel, Division of Continuing Medical Education, Virginia Mason Medical Center, PO Box 900, Seattle, WA 98111. (206) 223-6898.

## WYOMING

- June 8-10—**Wyoming Medical Society—Annual Meeting**. Teton Lodge, Jackson. Thurs-Sat. Contact: Wyoming Medical Society, PO Drawer 4009, Cheyenne 82003-4009. ♦

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Before prescribing, see complete prescribing information in SK&F CO. literature or PDR. The following is a brief summary.

**Indications and Usage:** Hypertension or edema in patients who develop hypokalemia on hydrochlorothiazide alone, in patients who require a thiazide diuretic and in whom the development of hypokalemia cannot be risked.

**This fixed combination drug is not indicated for the initial therapy of edema or hypertension except in individuals in whom the development of hypokalemia cannot be risked.**

Diazide may be used alone or as an adjunct to other antihypertensive drugs; dosage adjustments may be necessary.

**Contraindications:** Concomitant use with other potassium-sparing agents such as spironolactone or amiloride; potassium supplements (except in presence of severe hypokalemia); anuria, acute and chronic renal insufficiencies or significant renal impairment; hypersensitivity to drug or other sulfonamide-derived drugs; preexisting elevated serum potassium concentration.

**Warnings:** Abnormal elevation of serum potassium levels (greater than or equal to 5.5 mEq/liter) can occur with all potassium-conserving diuretic combinations, including Diazide. Hyperkalemia is more likely to occur in patients with renal impairment, diabetes (even without evidence of renal impairment), elderly or severely ill patients. Since uncorrected hyperkalemia may be fatal, serum potassium levels must be monitored at frequent intervals especially in patients first receiving Diazide, when dosages are changed or with any illness that may influence renal function.

If hyperkalemia is suspected, obtain an ECG and monitor serum potassium. If hyperkalemia develops, discontinue Diazide and initiate thiazide therapy if needed. Persistent hyperkalemia may require dialysis. Monitor serum electrolytes frequently in patients with mild renal dysfunction and in diabetic patients. In patients who may develop respiratory or metabolic acidosis, monitor serum electrolytes and acid-base balance frequently.

**Precautions:** The bioavailability of the hydrochlorothiazide and triamterene components of Diazide is about 50% of the maximum obtainable with oral therapy. Theoretically, a patient transferred from therapy with hydrochlorothiazide with or without triamterene might show an increase in blood pressure, fluid retention, or change in serum potassium. Extensive clinical experience with Diazide, however, suggests that these conditions have not been commonly observed in clinical practice. (See CLINICAL PHARMACOLOGY.) Use thiazides cautiously in patients with impaired hepatic function. They can precipitate coma in patients with severe liver disease; potassium depletion induced by the thiazide may be important in this connection; administer Diazide cautiously and be alert for such early signs of impending coma as confusion, drowsiness and tremor; if mental confusion increases, discontinue Diazide for a few days; attention must be given to other factors that may precipitate hepatic coma, such as blood in the gastrointestinal tract or preexisting potassium depletion. If patients develop hypokalemia, which is uncommon with Diazide, increase potassium intake (i.e., with supplements or potassium-rich foods). If repeat determinations show serum potassium concentrations below 3.0 mEq/L, discontinue Diazide and initiate potassium chloride supplementation. Institute corrective measures cautiously and monitor serum potassium concentrations frequently, especially in patients receiving digitalis or those with a history of cardiac arrhythmias. Diuretics may aggravate existing electrolyte imbalances, especially at high dosages or in patients on salt restricted diets. Do periodic serum electrolyte determinations (particularly important in patients vomiting excessively or receiving parenteral fluids). Chloride replacement may be required in the treatment of metabolic acidosis. If dilutional hyponatremia develops, restrict water intake. In actual salt depletion, initiate sodium chloride replacement. Use Diazide cautiously in patients with a history of renal stone formation.

If hyperkalemia develops when treating for hypokalemia, take corrective measures. Also discontinue Diazide and, if appropriate, substitute a thiazide diuretic until potassium levels return to normal. Do periodic BUN and serum creatinine determinations, especially in the elderly and in patients with suspected or confirmed renal insufficiency. Serum PBI levels may decrease without signs of thyroid disturbance. Discontinue thiazides before conducting parathyroid function tests.

Angiotensin-converting enzyme (ACE) inhibitors can elevate serum potassium; use with caution with Diazide. Concurrent use with chlorpropamide may increase the risk of severe hyponatremia. A few occurrences of acute renal failure have been reported in patients on Diazide when treated with indomethacin. Therefore, caution is advised in administering nonsteroidal anti-inflammatory agents with Diazide. Diuretics reduce renal clearance of lithium and increase the risk of lithium toxicity. Clinically insignificant reductions in arterial responsiveness to norepinephrine have been reported. Thiazides have also been shown to increase the paralyzing effect of nondepolarizing muscle relaxants such as tubocurarine; therefore use cautiously in patients undergoing surgery. Monitor electrolytes in patients taking amphotericin B, corticosteroids or corticotropin concomitantly. Thiazides may potentiate the action of other antihypertensive drugs. The effects of oral anticoagulants may be decreased when used concurrently with hydrochlorothiazide; dosage adjustments may be needed. Diazide may raise the level of blood ureic acid; dosage adjustments of antipain medication may be needed to control hyperuricemia and gout. The following agents given with triamterene may promote serum potassium accumulation and possibly result in hyperkalemia, especially in patients with renal insufficiency: blood from blood bank may contain up to 30 mEq of potassium per liter of plasma or up to 65 mEq of potassium per liter of whole blood when stored for more than 10 days; low-salt milk may contain up to 60 mEq of potassium per liter; potassium-containing medications (such as parenteral penicillin G potassium), and salt substitutes (most contain substantial amounts of potassium). Exchange resins, such as sodium polystyrene sulfonate, whether administered orally or rectally, reduce serum potassium concentrations by sodium replacement of the potassium; fluid retention may occur in some patients because of the increased sodium intake. Chronic or overuse of laxatives may reduce serum potassium concentrations by promoting excessive potassium loss from the intestinal tract; laxatives may interfere with the potassium-retaining effects of triamterene. The effectiveness of methenamine may be decreased when used concurrently with hydrochlorothiazide because of alkalization of the urine. Diazide will interfere with the fluorescent measurement of quinidine.

There are no adequate and well-controlled studies in pregnant women. This drug should be used during pregnancy only if clearly needed. Thiazides and triamterene cross the placental barrier and appear in cord blood. The use of thiazides in pregnancy requires weighing the anticipated benefit against possible hazards, including fetal or neonatal jaundice, paresthesia, thrombocytopenia, and possibly other adverse reactions which have occurred in the adult. Thiazides appear, and triamterene may appear, in breast milk. If use of the drug is essential, the patient should stop nursing. Safety and effectiveness in children have not been established.

**Adverse Reactions:** The serious adverse effects associated with Diazide have commonly occurred in less than 0.1% of patients treated with this product. Anaphylaxis, rash, urticaria, photosensitivity, cardiac arrhythmias, postural hypotension, diabetes mellitus, hyperkalemia, hyperglycemia, glycosuria, hyperuricemia, hypokalemia, hyponatremia, acidosis, hypochloremia, jaundice and/or liver enzyme abnormalities, pancreatitis, nausea and vomiting, diarrhea, constipation, abdominal pain, acute renal failure, interstitial nephritis, renal stones composed primarily of triamterene, elevated BUN and serum creatinine, abnormal urinary sediment, leukopenia, thrombocytopenia and purpura, megaloblastic anemia, muscle cramps, weakness, fatigue, dizziness, headache, dry mouth, impotence, sialadenitis. Thiazides alone have been shown to cause the following additional adverse reactions: paresthesias, vertigo, xanthopsia, transient blurred vision, allergic pneumonitis, pulmonary edema, respiratory distress, necrotizing vasculitis, exacerbation of lupus, aplastic anemia, agranulocytosis, hemolytic anemia. In neonates and infants: thrombocytopenia and pancreatitis—rarely, in newborns whose mothers have received thiazides during pregnancy.

**Supplied:** Capsules containing 25 mg. hydrochlorothiazide and 50 mg. triamterene, in bottles of 1000 capsules; in Single Unit Packages (unit-dose) of 100 (intended for institutional use only); in Patient-Pak™ unit-of-use bottles of 100.

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### The Western Journal of Medicine



## Women and Medicine

**T**his special issue explores both the professional side of women in medicine and the diagnosis and treatment of women patients.

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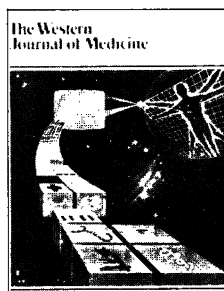
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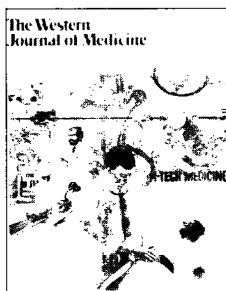
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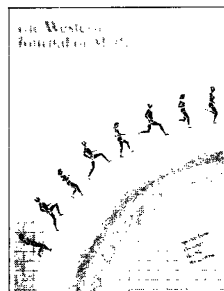
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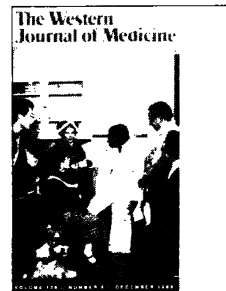
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3. Berne EJ, Smith TL: Role playing in therapy, chap 2, *Principles of Group Therapy*. New York, Oxford University Press, 1966, pp 35-51 (*author of chapter same as author of book*)

4. Munsung JM: The role of drugs, chap 2, *In* Brest AN, Mayer JH (Eds): *Hypertension—Vol 2, Therapy*, 2nd Ed. Springfield, Ill, Charles C Thomas, 1961, pp 456-479 (*author of chapter different from authors of book*)

## Pamphlets, Monographs, or Books With No Given Author

5. AMA Department of Drugs: *AMA Drug Evaluation*, 3rd Ed. Littleton, Mass, Publishing Sciences Group, 1977 (*corporate author*)

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**Hawaii Medical Association**—1360 S Beretania, Honolulu 96814. (808) 536-7702. Annual Meeting: November 10-12, 1989, Westin Hotel, Maui.

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